

HIGH-DEFINITION METHODS OF 'TREAT-YOURSELF' METHODS

MEDITATION

– *Explained in down-to-earth language and
matter-of-fact way* –

**This method can be learned in just
15-30 minutes, without a teacher.**

For practising this method, you need not
spend any time, nor learn any tech-
niques, nor sit in a lonely place.

By doing this meditation for 2-3 seconds only

- (a) your diseases are cured; problems
solved and difficulties overcome
almost instantaneously;
- (b) your income multiplies;
- (c) more persons come to your help.

The meditation is unimaginably beyond everything

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(In the form of Questions & Answers)

Question : What is *meditation*?

Answer : It is "being/living in the present (time)."

Qn. : What are the benefits of being or living in the present?

Ans. : You acquire/possess money in infinite which every human being would not reject if available. (Here the word 'money' includes comforts, true knowledge, grace, living with happiness, joy, dignity and being useful to others without your becoming poor, spiritual upliftment etc. etc.)

Qn. : What is the connection or relation between 'living in the present' and 'acquiring infinite wealth'?

Ans. : By living in the present time we are in close proximity to God. By this we automatically acquire everything positive because God alone possesses everything in infinite (omnipotent and omnipresent).

The term 'past' and 'future' are not in the kingdom of God (*Bible*). There is only 'present' time. Even modern scientists assert this: If you go beyond a certain height away from earth there is no time—'timelessness'.

Osho was in possession of 360 limousine cars (limousine is one of the costliest cars in the world, each costing Rs.2-4 crores) in addition to various estates etc. Nay, he was worshipped by millions, some of them were ministers of America.

Qn. : What did Osho do to become a positive type?

Ans. : He did meditation.

Qn. : What is meditation? Or, how to do it in practice?

Ans. : Meditation means "living in the present (mentally)"

Qn. : I am living in the present. But I am not seeing God nor am I getting infinite wealth in my house.

Ans. : You are *not* living in present. While riding on your two-wheeler or car, or while travelling in a train, your body may be there; but just look at what you (your mind) had been thinking. You would invariably be thinking about either lost chances/ missed opportunities of the past or of future.

Even while claiming to relax in your house just look at (watch) your thoughts. It won't be relaxing but it would be racing somewhere, may be in tomorrow or next year, or after five years getting promotion or passing an examination or getting your daughter married to a wealthy and decent boy—all day-dreaming.

God does everything *spontaneously*, *i. e.* without pre-planning. That is why his actions are graceful. *Nature* (what the reader calls 'God,' we call 'Nature') *knows no economics. Nature produces in abundance.*

But we human beings 'plan'. You put your son in the school for his earning a monthly salary of a few thousand rupees after 10-20 years.

Men 'plan' to travel fast for saving time; but meet with accidents and spend days in a hospital. Or, by using petrol in a speeding automobile car, we are polluting the pure air in atmosphere and then the foolish men organises *Clean Air Congress*.

'Living in the present' does not mean being lazy without doing anything. Your body may be idle. Look at what you had just been thinking; as if you were Chief of Indian Army and attacking Pakistan and bringing Musharaf handcuffed etc. etc.

Qn. : How to live in the present?

Ans. : By not living in future or past. Our mind always races fast. Can immediately go and be in New York (while our body is here or while we have not even bought an air-ticket to New York.)

Watch your thought. Follow it. Observe. Look at yourself.

While sitting in the office and doing work, your hands may work automatically (due to practice) but just watch your mind, as if someone else is watching or looking at your thoughts. You would find that you are thinking of vegetables to be bought on your way home that evening etc. etc.

Thus, 'we' (our mind) is lost as far as present is concerned.

To live in the present time, just look at what you have been thinking right now. You may be reading these lines, but may only be wondering "What is the use of my reading this book?" or, "What is the author going to conclude? This author is in a confused state and is trying to confuse the readers" etc. etc.

Your eyes may read these pages, your mind may comprehend what you read but your thoughts are about something else.

To bring your mind, thoughts, attention to the present, watch your thoughts as under:

E.g., I, my mind, a person called (let us say your name is Ramesh) Ramesh is thinking and criticising the author of this book that I am now reading.

You are sitting in a railway compartment, speeding from Mumbai to Chennai. Your eyes may be looking at the person sitting in front of you; or you may be looking at the trees outside the compartment. But look at your mind or its thinking; you

would be thinking of how to go about the job at Chennai. Thus, while your body is in the train, your mind (thought) is in Chennai.

After reaching Chennai, during the seven days of stay there, you may physically visit some office or a friend's house; but your mind would be about your return journey or thinking of how you are going to make use of the information collected at Chennai. Mind travels faster than body.

Have you not, at one time or other, thought yourself as if having become a Sadam Hussain or American president George Bush or say an M.P. talking in parliament, criticising the ruling party asking questions which the minister finds difficult to answer and so surrenders to you; or, as if yourself being a police inspector arresting all criminals in your town etc?

Here, when we use the term "money" it automatically means cure of diseases, problem-free life and happiness to self and others. Also it would include going up in life and becoming No.1 in a field and thus become *avtar purusha* (incarnation of God.)

Suppose we do what Osho did, we too can become the owner of 1-2 limousine cars, if not 360 cars.

You should find out what Osho did throughout his lifetime that we did not do in our life even for a minute.

What did Osho do?

He did Meditation

Osho had written six hundred and fifty books. Not only this. His books have been translated in more number of languages. Go to any local bookshop and you can find 10-20 or more books of Osho in your mother tongue or local language.

There is only one theme running through all his 650 books. That theme or advice is:

Watch your thoughts (anger, desire, craving, aversion, planning, joy, profit, loss etc.) as if some other person is watching your mind. In other words, 'witness' what you do or think or plan or decide. Osho calls this 'witnessing.'

You look at your neighbour and say, "He is rushing to office because he is late."

But suppose on a particular day you are rushing to your office (let us suppose that the name of the person right now reading this book at this line is Ramesh) may tell others "I am rushing to office" but you won't say to yourself, "Myself named Ramesh, my body or mind is running to office." In other words, have you ever watched yourself, your body or mind, as to what it had been doing. You have never done that. Do it now. (This is not talking to yourself, which is a symptom of insanity.)

Suppose someone brings a gift for you. "He brought this for me with affection and love" so you think.

But never in your life had you ever said *to yourself* "I am now going to the shop to buy a shirt". (Myself named Ramesh is going to the shop.) In other words, you think or decide of buying a shirt and put that thought in action. Never a moment do you ever observe that you just now thought of buying a shirt or that you are at that time going to a shop.

Why should we do this?

Osho continues: "Even if a bad thought occurs to you, say embracing another man's wife, just watch that. Watch yourself. Look at your feeling, thinking or doing, as if someone is watching you.

If you do this, even evil thoughts would get modified resulting in good deeds bringing you more happiness."

99% of whatever you had done by 'planning' for future had only resulted in failure, disappointment and sadness. No one can deny this.

Why should we look at ourselves? In other words, why should we look/watch as to what we just thought or are just have been planning?

Bhagwan Ramana Maharishi said this in a different way. "Watch your thought."

If you plan (for the next hour, day or month) a thing and do it, it may result in happiness or sorrow.

By looking at us—our thought, the mind slows down or comes to a standstill. Our mind would always be thinking about past or future. No one can deny this.

Question : Why should we bring our mind to the present?

Answer : To get good fruits of our thoughts/actions, we have to live in the present time.

Qn. : I am not able to understand.

Ans. : In *Bhagavat Geetha* Lord Krishna says, "I do all activities through you humans."

In whatever God does, there won't be any mistakes, loss, worries, sufferings, diseases, poverty, disappointment etc. God does not have these things. (God has all the positive qualities of the 38 Bach remedies.) God is not a figure in quantum. God is a 'quality' and not 'quantity'.

'Planning' and doing is for the result that we are going to get in the next hour, minute, day or year.

God has no 'past' or 'future'. The Holy Bible too asserts this. In other words God is in a state of 'timelessness'.

By our living in the present time we are not blocking God's actions. So everything would become happy. If you follow this and adopt in your life, you can become a multi-millionaire in 6-12 months/and you can become a 'mahatma'.

"Man proposes, God disposes." The correct meaning for this is, "If you live in the present time you are in the presence of God and he would fulfill all your proposals/ambitions."

Only if we live in the present, we can *See* God and also get all his favors.

Not planning does not mean 'becoming idle'. "I like the person who acts than the inactive. Do every thing without expecting anything in return" so says Lord Krishna.

If you care only for those whom you love, why should you receive a gift from God?.... Lend and expect nothing back.... (Bible).

If you plan and do things you cannot live in the present. Because 'planning' pertains to results that we are going to get in the 'future'.

God does not 'plan'. Because, He is living in the present time only; whatever he does, even if haphazardously, becomes or turns into good.

Therefore, even if an evil thought occurs to you or before you attempt to do that, do not think, "Oh, I should not think evil. It is sinful" and thus try to avoid it.

But, just watch your thought thus: "Just now I thought of doing that thing." Like this if you watch your mind or your thinking, it would undergo several modifications, and

automatically a very good idea occurs to you and also you put that into action.

By this don't think that you should always think of bad only.

God is above sin and good deeds.

Once a chain-smoker approached Osho seeking his advice to give up smoking. Osho replied, "Smoke."

The man was astonished. He said, "Sir, I came to you to stop my cigarettes and you tell me to smoke."

Osho replied, "smoke mentally". Osho continued to explain what is smoking mentally. "When next time it occurs to you to smoke, just stop for a moment and look at what you are doing. Do not (as a matter of routine) smoke, but tell yourself, "I am now putting my hand into my right hand side pant pocket to take the cigarette packet. I am now taking it out. I am now opening it. I am now taking out a cigarette; I put it into my mouth. Now, I put my left hand into the left-hand side pant pocket to take out the matchbox. I open it and take out a matchstick. I rub it on the side of the matchbox. I now *See* it is lit. I take it to the tip of the cigarette in my mouth...."

When the chain-smoker did this he could not smoke after the second cigarette. Also, he felt that smoking was just rubbing one's palm violently on a rough surface. No one would do that!

We, human beings, cannot do anything ourselves. If you do anything (for which you have to plan) it would end in failure, disappointment, loss, sufferings etc.

If we do things without planning, we automatically start living in the present time. God too is in present time only. Thus, we come in close proximity with God and so his sight falls on

us. Therefore, whatever we do, becomes good. Results in good. Changes into good. Yields infinite income.

"God has not yet opened his eyes towards me" so tells some person who is in search of solution to his sufferings.

God is always keeping his eyes open and looking at us only. If God has created us, what else more important job he has to do than to look at and care for us?

A mother won't say even for a day that she won't care for her child for that day only. Her care for her child is constant and permanent. Never a moment does she disregard it.

Suppose the child does not come home from school after 5 o'clock, she won't say, "Okay, for today only I won't care. From tomorrow I would."

God is always looking at us and caring for us.

Only if we turn our attention towards him, his sight would fall on us. For this (to look at God) we have to be and live in the present. To live (mentally) in the present time, watch your thought and it would at once return to the present.

Though the terms 'prayer' and 'God's grace' are found in Bach remedy *Sweet Chestnut*, they occur in *Clematis* also.

What do we do during prayer? We keep the photo or idol of God in front of our eyes and looking at it we pray.

God too is always looking at us by sitting in front of us. But because we do every act for future results, our mind is in the future only and thus we are unable to live in the present time. In other words, we go away from the visual axis of God.

For his son becoming an Engineer after twenty years, a father puts the child in the L.K.G. today. He earns money and spends for the child month after month etc.

Oh, No! If God's look falls on us, even at his fifteenth year of age, the child (without working under anybody for eight hours) would start earning thousands daily.

Shakuntala Devi's parents did not 'plan' anything to make her a maths wizard.

They did not put her in a college for studying B.Sc. (Maths.)

Those singers (who get few thousand rupees for each two hour performance) did not 'plan' anything to become No.1 singers.

Suppose you have to finish a lot of work in one day, and you feel it is a heavy task, don't allow your mind to run after that work. Just tell yourself that you just thought that you had to work heavily for that day. If you do this, *i. e.*, if you watch your thought, someone would come in and help you complete that heavy job.

More servants wait on man than he will take notice of. (See *Essays* by Ralph Waldo Emerson) God had been sending thousands of men to you to help you and work for you. But you can look at them only if you live at present.

God says to men: "I sent you on earth to live like a *Maharaja* (King or Emperor) but you started constructing your systems and plans and so you are now working under some one to earn a few thousands every a month.

"Nature constanly works towards perfection." "Nature produces in abundance." "Nature's ways cannot be improved upon". "Nature hates our tricks (plans.)" so says the great Ralph Waldo Emerson. (Copy of *Emerson's Essays* can be had from us by post by sending Rs.300)

The word 'meditation' comes under the positive aspects of the Bach remedy *Clematis*.

What is meditation or how to do it?

Most people think that meditation means closing one's eyes and uttering a word repeatedly.

These are all misleading. 'Meditation' means living in the present or being in the present. How to live in the 'present time'.

For this you should not go into future or into the past.

How to do that?

Whenever a thought comes to you, just look at that. Many persons may look at you. But they cannot change you. Two persons alone can change/affect you. One is you. The other is God. If you look at yourself then your mind disappears. Thus, way is given for the God's look to fall on you.

When a college boy decides to go to a movie by absenting his class in an afternoon, we simply tell the boy to watch at what he has decided or what he is doing. We tell him to do as under:

"I think of going to a movie this afternoon. I now stand in the queue in front of the cinema ticket counter. I am now buying the ticket. I am now going inside the auditorium. I am now looking at the movie..."

We advise the boy to look at the persons standing before the theatre as a witness.

Whatever happens to us, about us, around us, do not react. Just observe as a witness without emotional reaction or (mental participation). Suppose you are standing in a queue and someone pushes you down, what do you do at once. You get angry and shout and scold him. But our advice is that you should not immediately react—scold him. Just tell yourself that person pulled you down. Just watch your reaction (as if someone is watching you while you are angry) and tell yourself

that you felt angry and thought of scolding him. By doing all these, you start doing some other thing which would bring you double the happiness of scolding that man. This is meditation. Living in the present is mediation.

Suppose you are not well and have developed a serious complaint. You would immediately go to a doctor. Is not it? But stop for a moment and tell yourself, "I now thought of going to a doctor."

Or, while going to the doctor in a three-wheeler, tell yourself, "I am now sitting in an autorickshaw which is running on the road towards hospital. I now think whether that doctor would be there or not..." and so on and so forth.

Suppose that doctor's prescription cures you, you may think, "This doctor is good. Next time when I get some serious complaint he would cure me."

This also you must watch under:

"Just now I thought that doctor's prescription cured me and I further thought next time also he would cure me."

Suppose that doctor's prescription did not cure you, you at once feel that that doctor is not good. What you have to do is just watch your thought: "I just now thought that doctor is not good because he did not cure me."

In other words, after we get a serious illness we, or OUR MIND, STARTS RUNNING AFTER IT, creating a chain of thoughts of for actions to be performed in the next hour or day.

Instead of reaction to your illness by going to a doctor etc. etc. just look at that disease. (By this we do not mean to say that when sick you should not at all go to a doctor.)

Just tell yourself, "I now got this serious illness. I now think of going to a doctor." Look at your thoughts. Watch

them. This is not *Kriya yoga* or auto-suggestion. In *kriya yoga* there would be relapse. In the method described in this book (witnessing) there won't be relapse.

Even if you go to a doctor, tell yourself, "I am now sitting in the doctor's clinic. Five persons are waiting before me. I am becoming impatient. etc. etc."

When the doctor calls you in, just stop for a second and tell yourself, "Doctor called me and I am going in." "Doctor is examining me. "He is asking questions." "He is writing a prescription." "I am receiving the prescription from his hand. I am now going to the drug store." (Like this - these are examples only - whatever happens about you, watch witness them.)

Just tell yourself, "Doctor told me that I am having typhoid. Doctor told me just now that I should not take solid food for typhoid."

No.1 Historian H. G. Wells wrote a book called *The Time Machine* (science fiction.) In that, a scientist invents a machine called 'Time machine.' If anyone gets into that, sits in the seat and pulls up a lever, a meter showing dates start going backwards. If pulled down the calendar would go forward. Along with this, things around the machine, in the street, buildings etc. also would change as if it was at that period as shown in the meter. In other words you can go into the past, get down and look at Mahatma Gandhi in 1943, look at Alexander etc. etc.

Also you can go to future and look how what world would be in the years 2005, 2006 etc.

Suppose you are now reading this book in the year 2002 and suppose you are sitting in that time machine and by pulling up the lever you go back to 1958 and stop the lever there.

Naturally you would like to *See* yourself while at school and would only be wondering as a school boy how happy were after having passed that seventh standard final examination. At this time you do not yourself become a school boy BUT YOU ARE JUST AND ONLY WATCHING YOURSELF (you being as a schoolboy) AS A WITNESS.

Do that right now even today! While you are doing anything at that moment just pause and watch what you had just then been thinking doing.

We tell and describe our friends/relatives about our sorrows and joys of the past. You say that you did like this or that.

Or, you tell/describe your friends that in the future you want to do this or that way or you want to be like this or that.

But, never in your life, even for a day or a minute, you had ever looked at yourself what you feel/think. Hereafter do that.

In the morning you are standing at the entrance of your house. The cycle boy who is supplying you the daily newspaper is coming at the street end. You look at him. But you had never said to yourself "I am now looking at the boy coming at the street end." Do that now. This is the way to acquire positive aspects of the Bach remedy *Clematis*. (infinite wealth, happiness, status etc.)

Bhagavat Geetha tells that you should do all acts without expecting the results. But no one can understand the meaning of this. The attempt of Jiddu Krishnamurthy and Osho to explain you this in his 650 books cannot make you understand. Our attempt in this book is to explain the reader what Osho tells in his 650 books.

Osho never reacted mentally (emotionally) to any situation/occurrence. If a person scolds him he won't scold back. He would just watch, "That man is now scolding me."

If someone praised him and by this if at all he becomes happy, Osho would simply tell himself, "I now feel happy because of his praising me." That is why Osho became owner of unlimited wealth.

By doing the above, the reader need not be afraid that he would become mad by talking to himself. (You are not talking, but witnessing.)

Insane persons talk aloud to themselves. What he talks won't have any reference to the present. It would be about what he did in the past or what he is going to do in future. His imagination would be away from the present. So also, we too, say, while travelling in a bus or train, would be thinking of what work we have to do at Bombay after reaching there or about things occurred in the past.

Insane persons talk aloud about past or future. We too talk to ourselves but silently in our mind. That is the only difference between mad people and ourselves. *Otherwise, both are not in the present.*

Many readers may ask why should we witness ourselves such as "I now developed jaundice." or "I am thinking of going to the doctor." (Witnessing)

There is a great secret in this. By doing so, by looking at your disease, at your thought of going to the doctor etc. you automatically come to the present and many time the disease disappears even without medicine. This is because in the Kingdom of God (who lives in the 'present' only,) disease, poverty etc. cannot find a place.

By this, the reader should not hastily conclude, "I would now witness my actions so that my disease would get cured without medicine." If you do that, you are only going to the future. We do not teach you to do auto-suggestion, which please note.

Immediately after getting an illness you think of the doctor and also automatically go to him. Then you take his medicine etc. In other words, you create a chain reaction. By this you are only adding fuel to the fire.

A certain person from India went to New Zealand on work visa. One day he developed headache and so went to a nearby doctor. That doctor told him: "You ask yourself whether you need medicine for your headache." The patient was upset because a doctor talking like that is funny. Any way unable to argue with the doctor, the patient did so. He found his headache started disappearing and so he came back without taking any medicine.

The mistake that every one of us do is *we always think of either our past or future*. Never do we look at ourselves *as a witness*?

But you have to do that only hereafter. Not necessarily all the 24 hours. At least try this method morning 5-10 minutes; again in the afternoon or when you get time. This is correct method of meditation. 'Meditation' means 'living/being in the present'.

When you get some difficulties or problems, do not immediately try to solve that. By doing so, you are only increasing your problems. Don't do anything to solve or overcome it.

Question : Then what else I should do?

Answer : Just look at your problems/difficulties. "That Mr. Ramulu had cheated me one lakh rupees. I now feel regret for that. I feel killing him." If your neighbour is creating problem by telling lies about you to others in the street look at the problem or witness it: "My neighbour is creating problem for me. I feel angry at him."

That is all. Do not react. Just watch, witness. As if someone, a third person, is looking at your problem. By doing so that trouble-creator would stop his misbehaviour.

How does this happen? By doing as above we start living in the present. In other words, we are in the presence of God. God has no worry, difficulty, poverty etc. So our problem disappears, rather vanishes automatically.

Therefore, if you simply look at your problem "I now feel miserable about my daughter who is epileptic" ways and means would open themselves for curing your daughter.

If you do not allow yourself affected by sorrows or joy you won't get problems at all. This is stressed in Bhagavat Geetha: "Those who do not allow himself to be affected by joy or sorrow, are liked by me most." When you are liked by God all problems would disappear like a snow before the sun.

By being and living in the present, we automatically start being in the presence of God. Therefore, nothing can go wrong. No one can harm us. Whatever we do, automatically gets corrected bringing more money, happiness etc.

Daily you go to office in a scooter or bus. Just look at or watch what you have been thinking right at that moment. Surely it won't be about the bus or scooter or the road in which you are travelling. You would be thinking either of the work to be done on reaching the office or the work at home to be done the next day or your thought would be about the health of your sick wife etc. etc. At this time, (while travelling in the scooter) tell yourself, "I just thought of my office or about the health of my sick wife."

This is called 'witnessing', as if someone is watching you. By doing so, your mind automatically comes to the present.

Before starting practising this method, it is advisable that the reader pays the author of this book a *guru dakshina* (fees to the teacher or master) according to his status. It is said in Hindu mythology and scriptures that an art/subject learnt without a *guru* (master) would in the long run create fear in the mind of the aspirant and it would be impossible to get rid of that fear.

By watching/witnessing what all happens to us (disease, worry) or about us (family problems, difficulties in professional life etc.) what we really do is this: By all these we do not interfere with nature's ways (by going automatically to the doctor when sick[†] etc.) we allow nature to do its job and soon we realise that things are turning around favourably.

This is because we humans, with our tiny brains (which, again, was given by mighty Nature only) cannot alter the course of Nature, which is creating millions of not only men but also animals, plants etc.

Nature produces in abundance. But you can get the abundance, not by your tricks or plans or ideas/systems, but only by not interfering with Nature, by allowing it to run its own course. For this we have to simply and only witness. Nothing more, and nothing less.

Cases treated: A certain patient was suffering for several months with frequent urination—every 30 or 45 minutes he had to pass urine. Tried various doctors, all in vain. He started practising 'witnessing' as advised in our book. We advised him as under:

Myself: "What do you do when the urge is felt by you?"

Patient : "I would go to the toilet and pass urine."

Myself: "Now practise a method which I am going to describe you now. Whenever the urge comes, do not just automatically go the toilet, but before that just tell yourself that you feel going to the toilet; then if you still feel the urge and feel going to the toilet, go. Even while in the toilet, look/watch your mind. It would be planning about what you have to do next hour or a few days later. Just watch that thought. Or, if you cannot do it, tell yourself, "I am now passing urine standing in the toilet. I now look at the tiles on the walls of the bathroom. What is before your eyes, look at it mentally also apart from your eyes."

A fortnight later, he came paying me Rs. 1000 as *guru dakshina*. He reported: "Sir, I did this once. Then I did not feel the urge. After three hours only I passed urine. That day I forgot to practise (witnessing) as advised by you. Second day I remembered your advice (method) after I got up from my office chair and was about to proceed to the toilet, I stopped for a moment and told myself, "I am now going to the toilet. After a few seconds I looked at my table, took up a file and started doing the work and the urge to urinate disappeared of its own.

"Instead of the 30-45 interval, I got the urge only once in 2-4 hours. I continued to practise 'witnessing' and in three days I got completely cured. Thank you for your advice and your book."

Many people find it difficult to understand what is 'witnessing'. This is because they want a name for this method.

But it is a simple work. If you read the following case you may understand clearly what is "witnessing'.

Mr. Sthalasayanam, working in L.I.C. told us: "I was having sleeplessness and the allopathic doctor told me that it was due to tension in my office work and so prescribed me a costly tablet. Daily bedtime I took it and got good sleep. If I miss it one day, I won't get sleep.

"After reading your book I started witnessing.

"I did just a simple thing as advised by you. Night when I remembered taking the tablet, I just told myself, "I now think of taking the tablet." Within seconds I did not even go to the cupboard to take the tablet. I don't know what happened. I went to the bed and got sleep without the tablet. From the next day till date I am sleeping without tablet. Thank you for your book. Please accept this amount as my *guru dakshina* to you."

Our advice to patients suffering not only from any disease, but also financial difficulties, domestic disharmony etc. is this : Instead of going into future (mentally) as to which doctor you should go, or from whom you should ask for loan etc. come and live in the present. We do not say that you should not at all go to a doctor.

If you have a severe headache, just look at the pain. If you decide to go to a doctor, just observe your thought. 'I just now thought of going to a doctor.' If headache persists or become intense look at the pain. And tell yourself, 'I now feel pain in my head. It is on right side. It is stitching. Headache. I am feeling the pain.' This is not *kriya yoga* or auto-suggestion or self-hypnosis.

What would you do if someone in your family were suffering with severe headache. You just and only look at him. Watch him. Watch him holding his head with his hands. You watch him moaning.

Similarly, when you get headache, look at yourself, you thought, reaction etc. If you are in the habit of taking an aspirin as a matter of routine (every time you get headache) just stop (or, pause) a moment and tell yourself, "I now thought of going to the table to take an aspirin tablet." This is called "witnessing".

If you have forgotten to do this witnessing and you remember this after taking the tablet in your hand, just tell yourself, 'I am now keeping this tablet in my hand and now thought of calling my wife to bring water for me.'

This type of witnessing, in most instances, would remove your headache. In some instances you may hit upon the right source, which would put an end to your recurrent headache (permanent remedy).

But you should not do 'witnessing' with the idea of getting relief in headache.

Please note that we are not teaching you 'auto-suggestion'. Again, this is not 'self hypnosis!'.

Just witness for the sake of witnessing, and not with any expectations.

Or, after taking the tablet and finding relief, if the idea of witnessing comes to your mind at this time only, then just tell yourself, "I now *See* that headache has disappeared...'

This is not auto-suggestion or self-hypnosis. We do not teach you any 'system' or 'method' invented by any one. Remember, again, that this is not 'visualising'. Whatever you had learnt elsewhere does not fit in here.

To put it in a nutshell, observe/watch yourself just before attempting to do whatever you are doing daily as a matter of routine or habit.

You look at your neighbour taking his scooter out of his house. Then with the left leg he gives a kick to start it.

Similarly when you take out your scooter you can, just tell yourself, "I now take the scooter." "I put the stand."

Do not kick the starter. Just before that tell to yourself "I now am going to start it by kicking the kick starter pedal with my left leg."

"...I am now waiting in the traffic red signal."

To put it in a nutshell. Before studying this book you have been doing work physically with your hands, eyes (or parts of your body) and not 'mentally'. Hereafter you do it mentally. For example while working in his office, an Accounts clerk or ledger clerk may be making entries in a ledger but he would simultaneously be talking to his colleague, "अरे यार, घर मे बीवी बहुत परेशान करती है ।" (My wife is giving me lot of problems at home.) At this stage he should tell to himself mentally as follows:

"Just now I thought of telling my colleague about my wife giving problems at home."

Watching what you are going to do now would bring you to the present.

Suppose you are admitted in a hospital and have to stay there in bed for twenty days (may be fracture or surgery or typhoid.)

During this time your tendency would be to think as to how to clear your office work that may get accumulated on the 21st day, after getting discharged from hospital. But, *do not do this*. Don't live in future by mentally going to the 21st day (while your body is in hospital only.) If your mind starts thinking of your office, just stop or pause and watch your mind; observe yourself, "I just now thought of my office work after getting discharged and going to office."

Don't ask the doctor how long you have to be in hospital and don't beg him to send you home quickly. (If such a thought occurs to you just observe that also: "I just now thought of asking the doctor to cure me quickly")

This occasion is the best time to do witnessing or meditation. This is the best chance and opportunity.

When your relatives/friends visit you in the hospital and if they ask whether they can do anything for you, don't lament about your disease. Be in the hospital mentally also. Just witness how many persons, each in what way, are caring for you.

Don't consider staying in hospital as a punishment or disgrace. God does not know punishment and he cannot give that to any one. Even if he does give punishment it won't be painful but would, in one way or the other, end in happiness only.

Hospitalisation is a chance given by God to make you live in the present, because you have not lived (witnessing) in the present even for a second in your whole life.

While staying in the hospital if you do witnessing, you will recover so speedily much to the astonishment of the attending physician.

But, please note that '*you should not start witnessing for the sake of speedy recovery.*' That means putting the cart before the horse.

There is an easy method to live in the present, which every westerner adopt, but which every Indian does not do.

Don't talk about your home in the office. So also, while at home, do not talk about your office

In the computer, particularly while using the internet, when you try to open an attachment or download a file, the anti-virus

device (installed in your computer) would first scan it for virus and after it okays it, you can go ahead and download it. Thus, your files won't be corrupted.

Similarly when an idea strikes your mind, or someone proposes a plan to you to earn double profit quickly. But that idea or plan may end in profit or loss. To know that, God has installed a (anti-virus) scanner in our body.

We shall now *See* how to make use of that. You look at an advertisement. By buying a lottery ticket costing Rs.50, you stand a chance of getting five lakhs. If you decide to buy it, the method of scanning that is:

Thinking of buying the lottery ticket and winning, continue watching your breath (air going in and out) at least for three minutes. If you find that your idea (of buying lottery ticket) continues to remain in your thought beyond the three minutes of scanning, (*i. e.* watching your breath while thinking lottery,) then you may buy a ticket and you would win some amount.

Suppose you won't win, in that case, within the three minutes of scanning, the idea of buying the lottery ticket would vanish. Not only this. In its place another better idea would occur to you (strike your mind).

Now, we are entering a somewhat different use of meditation (witnessing.)

Suppose within the three minutes of scanning the thought it disappears and a different idea occurs to you; you may implement it. It would sooner or later fetch you easily (and in the right way too) that much amount of money which you anticipate to get in the lottery.

God is not so cruel to make you desire for a certain huge amount, and, at the same time, making you not to get it.

The hitch with all of us is that we devise our own methods which do not fit in with God's ways. Therefore, if we allow

things to happen in God's methods, everything would go smoothly and end in eternal happiness. (God's ways/methods are not men's ways/methods - Bible). By watching our thought, *i. e.*, by 'witnessing' we simply allow god to do things in his own way. Rather, Not Interfering With God's Ways.

Nature constantly works towards perfection.

Nature's ways cannot be improved upon.

Nature produces in abundance. - Emerson

Whatever you do daily *as a matter of routine or sheer habit*, while attempting it, just stop for a second (pause) and tell yourself, "I am just now taking my toothbrush to brush my teeth..." "I am just going to lift the receiver of the phone because it is ringing." "I got a letter from my daughter in Australia, and I am now opening it... I just now thought that she should have written about her life in Australia."

This is *not* verbally telling to yourself but it is your watching yourself as a third person (witnessing).

Let us repeat. Whatever you do as a matter of daily routine or habit, stop a second and look at what you are just going to do. By doing this, many times a good idea/plan would flash across your mind.

Any time, in the day or night, just pause for a second and look at yourself—what you had just been thinking or planning or analysing. By this you give rest to your mind. This is the correct form of relaxing. This and this alone is meditation. By practising this meditation or 'witnessing' the following benefits accrues to you:

- (i) deep-rooted diseases in your body disappears of its own; or in some cases, you automatically stumble upon the right doctor who cures you with a few doses.)

- (ii) more persons come to your help; even arrogant persons behaves politely towards you
- (iii) your money inflow increases.
- (iv) you get *darshan* (glimpse) of God.

Important Note:

You should not practise 'witnessing' for the purpose of getting the above. Practise witnessing for the sake of witnessing and the results would come automatically.

As author of a book, Emerson[†] stands first. God has done us an honour by sending Emerson on earth.

If a person can read and understand English, his knowledge of English language is waste if he had not studied Emerson.

Weighing balance has to plates on either side. Place a copy of *Emerson's Essays* on the left hand side and all other books any number of copies (including all religious scriptures) on the other side. The left side will go down.

Whatever best things you can learn in your whole life time by reading all the books in a big library, you can get by reading Emerson and Emerson alone. He has the right to be worshipped as the best author and none else can take his place.

We are writing all the above because we are thrilled to inform the reader that the great Emerson had described 'witnessing' in a nutshell.

"All spontaneous actions are graceful."

In *Bhagavat Geetha* we read this in a different way: (*See Chapter 4: 18&19*)

...without planning

[†] *ESSAYS* of Ralpt Waldo Emerson (copy available with us at Rs.300.)

A true and diligent man can discover and recognise in himself that even in physical inaction there can be an intense mental and intellectual activity, and he can also recognise that he, even in the most intense activities, himself as an observer of it, is revelling in "unactivity".

This is the maximum *Sattwic* state.

...He who recognises inaction in action and action in inaction is wise among men; he is a Yogi and a true performer of all actions. (Bhagawat Geetha 4:18)

"Without planning" (4:19)

When thus an individual detaches himself and observes his own activities... he gains in himself an indescribable poise which is essential for the practise of meditation.

The above is called Fire-of-Knowledge.

In chapter 4:9 Lord Krishna stresses: "whose actions have been burnt by the Fire-of-Knowledge him the 'wise' calls Sage.

When a thought about your future occurs to you in your mind, say, that you are thinking to settle in Canada after a few years, to bring your mind to the present, just pause and observe that you had been thinking of settling in Canada after two years. (You must yourself be an observer of what you just then thought.) By doing so, if destiny is such that your settling in Canada will bring hardship that idea or plan will not occur to you again. (Fire-of-Knowledge). Also, another idea will flash in your mind and you would also automatically do it, which would bring more happiness than settling down in Canada.

This is the correct meaning of the proverb 'Man proposes, God disposes.'

No one would ever propose for his living in future in hardship. Mighty God will show the correct way (dispose) for

us to live happily in future. To know that, we have to do 'witnessing'.

Let 'history' belong to the historian; let the future belong to the astrologer. After all, they too have to earn their livelihood though it is inferior to "living in the present".

But let us not concern ourselves with the above two *viz.*, 'past' and 'future'.

Past is a dead thing (post-mortem.) No one would talk with or shake hands with a dead body. But how often we have gone into the past (or thought of the past) thinking that we ought to have done this or that way. But we cannot go into the past. It is a dead body. But every one of us is doing this at one time or other.

Future is not right before us here. In the Holy Bible we read, "do not believe the fortune-teller (prediction)". The correct interpretation is "prediction belongs to future and you should not live in future but only in the present. The astrologer or fortune-teller takes you to the happy future (day-dreaming.) Thus you lose the present time.

The great author Emerson has said it in a different and beautiful way: "Astronomy to the selfish becomes astrology. Anatomy palmistry. Physiology phrenology. Psychology mesmerism."

Tail piece: Hindus are day-dreaming by saying that Rama Rajya (Kingdom of God) is "going to come" one day (in future.)

Christians too live in future by reading in the Bible that Kingdom of God is going to come. (But they failed to read in yet another place in the same Bible that the coming of Kingdom of God is not a question of time.)

The point is whether you are right now going to live in the kingdom of God or not. It is available in the present only and not in the 'future'.

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CD “B”— Money problem? Don’t worry any more. Someone has wrongly taught us that we have to work hard daily for eight hours to earn a few thousand rupees. Listening to this CD daily for 1-2 hours helps in pouring more and more money in your house. Repeatedly verified in the case of many individuals. So far no failure.

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